

“Proud to Be Smoke Free”

The Alexandria Health Department’s “Proud to Be Smoke Free” program, which began in July 2004 and is funded by a grant from the Centers for Disease Control (CDC), encourages restaurants in the City of Alexandria to voluntarily adopt a 100% smoke-free policy for both indoor and outdoor seating.

Second-hand smoke causes approximately 53,000 deaths in the U.S. annually, of which 1700 are in Virginia. In addition to the risk to restaurant patrons, the American Medical Association estimates that waiters and waitresses have a 50-90% increased risk of lung cancer, most likely caused by second-hand tobacco smoke.

Restaurants who voluntarily join the “Proud to Be Smoke Free” program receive a letter of appreciation, a certificate of commendation signed by the Health Director, and a decal and 2-sided laminate sign to advertise their participation in the program.

As of this date, 80 restaurants have voluntarily chosen to join the program (see the list below). Eleven restaurants have even changed their policies and eliminated areas that previously allowed smoking in order to join our program. You can always see which restaurants are participating in the program by visiting the AHD website, or by going to www.vasmokefreedining.com.

Some more projects that we have planned for the future will include:

- Printing and distributing 5000 copies of the Alexandria Smoke Free Dining Guide, to be available in City buildings, libraries, recreation centers, and participating hotels;
- Sending letters to participating restaurants with information on the signs and symptoms of heart attack and stroke;
- Live presentations for restaurant staff and family members;
- Designing and running a large ad in local media with the names and addresses of all participating restaurants, and the announcement of the Alexandria Smoke Free Dining Guide.

If you have any further questions or would like more program information, please contact Denise Yeager, AHD Cardiovascular Health Project Coordinator, at (703) 838-4400 ext. 320.

Patronize These Restaurants **That Share Your Health Concerns**

(March 2005)

<i>Akasaka Restaurant</i>	<i>International House of Pancakes</i>
<i>Alexandria Pastry Shop & Café</i>	<i>Jack's Place</i>
<i>Al's Steak House</i>	<i>Kabul Kabob House</i>
<i>Asian Bistro</i>	<i>La Piazza</i>
<i>Atlantis Restaurant</i>	<i>Landmark Mall Food Court</i>
<i>Baja Fresh Mexican Grill</i>	<i>Los Tios Grill</i>
<i>Balducci's Blue Point Grill</i>	<i>Majestic Café</i>
<i>Braddock Café</i>	<i>Mark V Eatery</i>
<i>British Collection Tea Room</i>	<i>Masaya Restaurant</i>
<i>Burrito Grill</i>	<i>McDonald's (all locations)</i>
<i>Café Aurora (all locations)</i>	<i>Morrison House</i>
<i>Café Marianna & Charles European</i>	<i>Nickell's & Scheffler</i>
<i>Café Monti</i>	<i>Park Café</i>
<i>Charlie Chiang's</i>	<i>Pho Viet Flare</i>
<i>Capital Bagel Bakery</i>	<i>Pines of Florence</i>
<i>China House</i>	<i>Pita House</i>
<i>Dandy and Nina Cruise Ships</i>	<i>Pizza Hut (all locations)</i>
<i>Del Ray Dreamery</i>	<i>Popeyes</i>
<i>Dunkin' Donuts</i>	<i>Pop's Old Fashioned Ice Cream</i>
<i>Edgardo's Trattoria</i>	<i>Quiznos (all locations)</i>
<i>Eisenhower Café</i>	<i>Red Mei</i>
<i>Et Cetera</i>	<i>Restaurant Eve</i>
<i>Fairfax Deli & Carry Out</i>	<i>Scoop Grill & Homemade Ice Cream</i>
<i>Firehook Bakery (all locations)</i>	<i>Shenandoah Brewing Company</i>
<i>Fish Market</i>	<i>Simply Fish</i>
<i>Five Guys (all locations)</i>	<i>Spectrum Restaurant</i>
<i>Four Seasons Bakery Café</i>	<i>Starbucks (all locations)</i>
<i>Generous George's Pizza</i>	<i>Subway (all locations)</i>
<i>Georgio's Piatsa</i>	<i>Table Talk</i>
<i>Golden Dragon</i>	<i>Thai Old Town</i>
<i>Hana Tokyo</i>	<i>Thai Peppers</i>
<i>Huascaran</i>	<i>The Hoffman Eatery</i>

Tsim Yung Restaurant